

Intervention (source)	Quit rate (%)	Comparator	Odds ratio (95% confidence interval)	Increased chances of quitting
Self-help interventions		No intervention	1.24(1.07-1.45)	24%
Physician advice		Brief advice vs. no advice	1.66(1.42-1.94)	66%
		Intensive advice vs. no advice	1.84(1.60-2.13)	84%
		Intensive vs. minimal	1.37(1.20 to 1.56)	37%
Nursing intervention		Usual care	1.28(1.18 to 1.38)	28%
Individual behavioural counselling		Minimal behavioural intervention	1.39(1.24 to 1.57)	39%
Group behaviour therapy		Self-help programme	1.98(1.60-2.46)	98%
Telephone counselling		Without telephone counselling	1.41(1.27-1.57)	41%
		Less intensive vs. no	1.33(1.21-1.47)	33%
Quit and Win contests	8-20%	Baseline community rate		
Nicotine replacement therapy (NRT)		Placebo or non-NRT	1.58(1.50-1.66)	58%
Bupropion		Placebo	1.94(1.72 to 2.19)	94%
Varenicline		Placebo	2.33 (1.95 to 2.80)	133%
Clonidine		Placebo	1.63 (1.22 to 2.18)	63%
Nortriptyline		Placebo	2.34(1.61 to 3.41)	134%
Healthcare financing systems		Directed at smokers vs. no	4.38 (1.94 to 9.87)	338%
		Directed at providers vs. no	1.33(1.01 to 1.77)	33%